


July 2016
WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Schedule subject to change*</p> <p>Center Hours: Monday: 8:00 am-6:30 pm Tuesday: 8:00 am-5:00 pm Wednesday: 8:00 am-6:30 pm Thursday: 8:00 am-5:00 pm Friday: 8:00 am-5:00 pm</p>				<p>1- 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 1:00 Bingo 2:00 Yoga</p>
	<p>5- 8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction</p>	<p>6- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:00 Consumer Protection Presentation 10:30 EnhanceFitness 10:35 Health Dialogue B 11:30 Members Assembly 1:00 EnhanceFitness <i>1:00 Club Memory</i> 2:00 Yoga 5:00PM FITNESS</p>	<p>7- 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F</p>	<p>8- 8:00 Open Gym 9:00 Enhance Fitness 10:00 Line Dancing 11:00 Quilters 1:00 Enhance Fitness 1:00 Bingo 2:00 Yoga</p>

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11- 8:00 Open Gym 9:00 Strength and Toning 9:00 Kaiser Permanente: How to select a Medicare Plan that's Best for You and other Benefits 9:50 Abs and Legs 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:00 Bingo 1:45 Nutrition E 5:00 PM FITNESS	12-8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:30 Tangier Outlet 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction	13- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 Enhance Fitness 10:35Health Dialogue B 1:00 Enhance Fitness 2:00 Yoga 2:00 Food Demonstrations 5:00PM FITNESS	14- 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F	15- 8:00 Open Gym 9:00 Enhance Fitness 10:00 Line Dancing 10:00 AARP's Safety Driving Class 11:00 Quilters 1:00 Enhance Fitness 1:00 Bingo 2:00 Yoga
18- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A 10:00 Choraleers 10:30 Nutrition B 10:30 Enhance Fitness 11:30 BEEDL 1:00 Enhance Fitness 1:00 Bingo 1:45 Nutrition E 5:00 FITNESS	19- 8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:30 Bladensburg Waterfront Park 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction	20- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 Enhance Fitness 10:35Health Dialogue B 1:00 Enhance Fitness 1:00 Club Memory 2:00 Yoga 5:00 FITNESS	21- 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F	22- 8:00 Open Gym 9:00 Enhance Fitness 10:00 Line Dancing 10:00 Book Club 11:00 Quilters 12:00 31st Anniversary Celebration: Luncheon w/ Captain Fly and Friends 1:00 Enhance Fitness 1:00 Bingo 2:00 Yoga

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25- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A 10:00 Legal Counsel for the Elderly 10:30 Nutrition B 10:30 Enhance Fitness 11:30 BEEDL 1:00 Enhance Fitness 1:00 Bingo 1:45 Nutrition E 5:00 FITNESS	26- 8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction	27- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:00 Bingo w/ United Healthcare 10:30 Enhance Fitness 10:35 Health Dialogue B 1:00 Enhance Fitness 2:00 Yoga 2:00 Food Demonstrations 5:00 FITNESS	28- 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F	29- 8:00 Open Gym 9:00 Enhance Fitness 10:00 Line Dancing 10:00 Book Club 11:00 Quilters 1:00 Enhance Fitness 1:00 Bingo 2:00 Yoga
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Tuesday: 8:00 am-5:00 pm
Wednesday: 8:00 am-6:30 pm
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***Please consider making a donation to WSWC to support our *Social Activities* and *Special Programs*. Please make checks out to WSWC/ERFSC.**

Thank You!